

Why Bother With Breakfast?

Breakfast is a great way to give the body the refuelling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight.

Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.

Breakfast also can help keep kids' weight in check. Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy. And when the metabolism gets moving, the body starts burning calories.

Also, people who don't eat breakfast often consume more calories throughout the day and are more likely to be overweight. That's because someone who skips breakfast is likely to get famished before lunchtime and snack on high-calorie foods or overeat at lunch.

Breakfast Brain Power

It's important for kids to have breakfast every day, but what they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fibre, and protein while low in added sugar may boost kids' attention span, concentration, and memory — which they need to learn in school.

Kids who eat breakfast are more likely to get fibre, calcium, and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.



**BREAKFAST
FUELS THE MIND!**